

## RM 4–SU: Levels of Involvement in Substance Use\*

### Levels/Stages of Involvement

Non-Involvement (Non-Use)	Irregular Involvement	Regular Involvement	Harmful Involvement	Dependent Involvement	Transitional Abstinence	Stabilized Abstinence/ Recovery
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### Behaviours/Consequences

Never used alcohol or other drugs	Have chosen a non-using lifestyle following some involvement in the past	Random or infrequent (including experimental) use of alcohol or other drugs	Little or no evidence of any problems caused by use	Using alcohol or other drugs regularly, with some pattern (e.g., daily, weekly, monthly)	Some minor or isolated problems may be caused by use	Actively seeking involvement
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Using alcohol or other drugs causes problems in one or more areas of life	Despite use of alcohol or other drugs causing problems in life areas, use is continued	There are failed attempts to cut down/quit	A lot of time is spent using or thinking about using	Strong urges to use are experienced	There are uncomfortable feelings when abstaining	More of the substance is needed to get the same high
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Choosing to quit use of alcohol and other drugs after harmful or dependent involvement and struggling with how this feels	Abstaining from alcohol and other drugs after harmful or dependent involvement and feeling confident and comfortable with this
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*Continued*

\* Source: Addictions Foundation of Manitoba. *Levels of Involvement Framework*. Winnipeg, MB: Addictions Foundation of Manitoba, 1998. Available online at <[www.afm.mb.ca/Learn%20More/Levels%20Invol.pdf](http://www.afm.mb.ca/Learn%20More/Levels%20Invol.pdf)>. Adapted with permission.

**RM 4–SU: Levels of Involvement in Substance Use (Continued)  
(Answer Key)\***

<b>Levels of Involvement in Substance Use</b>	
Level/Stage of Involvement	Definition of Behaviours/ Consequences of Involvement
Non-involvement (Non-use)	<ul style="list-style-type: none"> <li>▪ Never used alcohol or other drugs</li> <li>▪ Have chosen a non-using lifestyle following some involvement in the past</li> </ul>
Irregular Involvement	<ul style="list-style-type: none"> <li>▪ Random or infrequent (including experimental) use of alcohol or other drugs</li> <li>▪ Little or no evidence of any problems caused by use</li> </ul>
Regular Involvement	<ul style="list-style-type: none"> <li>▪ Using alcohol or other drugs regularly, with some pattern (e.g., daily, weekly, monthly)</li> <li>▪ Some minor or isolated problems may be caused by use</li> <li>▪ Actively seeking involvement</li> </ul>
Harmful Involvement	<ul style="list-style-type: none"> <li>▪ Using alcohol or other drugs causes problems in one or more areas of life</li> </ul>
Dependent Involvement	<ul style="list-style-type: none"> <li>▪ Despite use of alcohol or other drugs causing problems in life areas, use is continued, plus               <ul style="list-style-type: none"> <li>— there are failed attempts to cut down/quit</li> <li>— a lot of time is spent using or thinking about using</li> <li>— strong urges to use are experienced</li> <li>— there are uncomfortable feelings when abstaining</li> <li>— more of the substance is needed to get the same high</li> </ul> </li> </ul>
Transitional Abstinence	<ul style="list-style-type: none"> <li>▪ Choosing to quit use of alcohol and other drugs after harmful or dependent involvement and struggling with how this feels</li> </ul>
Stabilized Abstinence/Recovery	<ul style="list-style-type: none"> <li>▪ Abstaining from alcohol and other drugs after harmful or dependent involvement and feeling confident and comfortable with this</li> </ul>

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